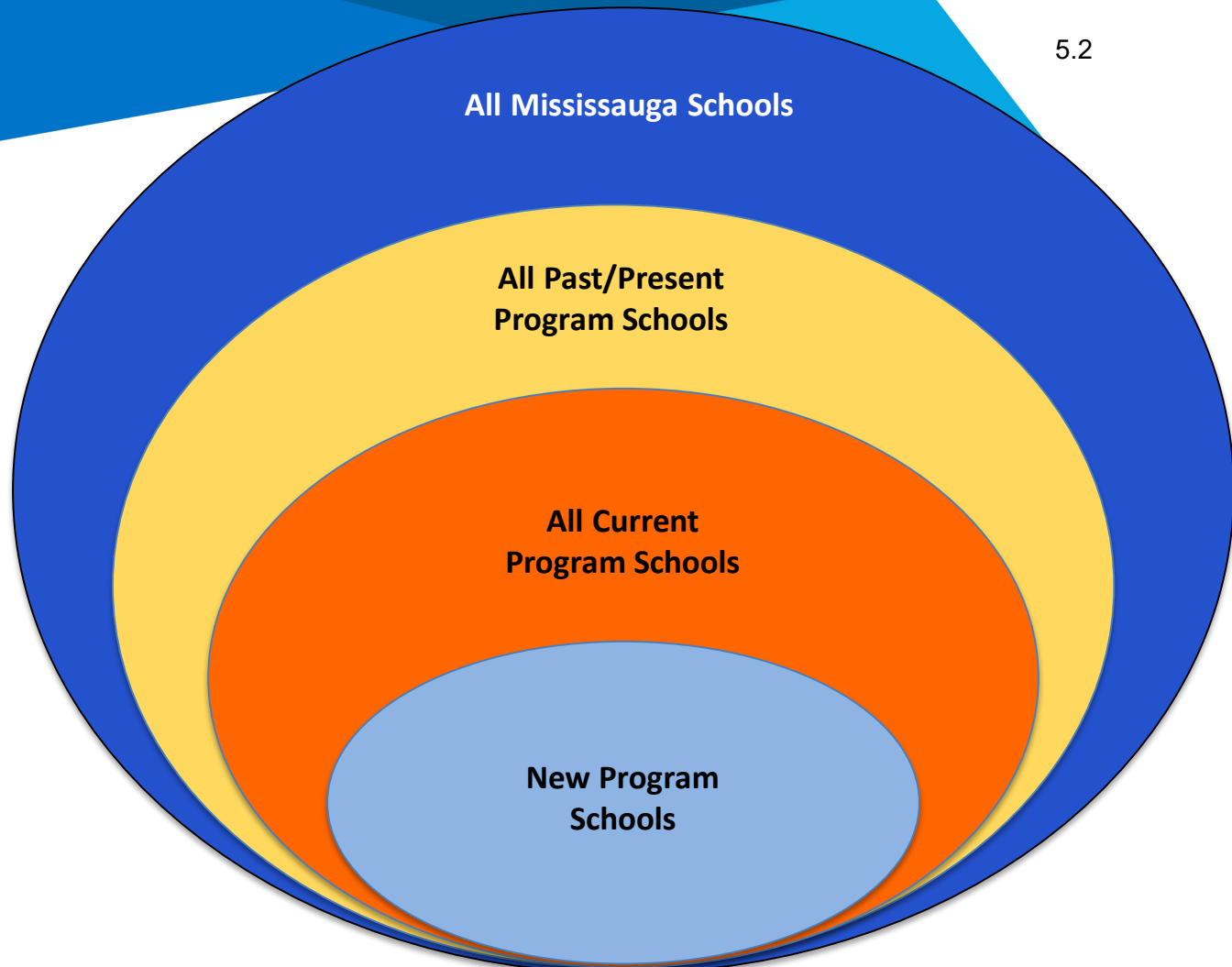




School Programs: Updates from Active Transportation

Presentation to Traffic Safety Council
September 29, 2021

School Walking Routes Program



All Schools: Final Design for Program Logo



Mississauga School Walking Routes Program

Let's Walk and Roll to School!

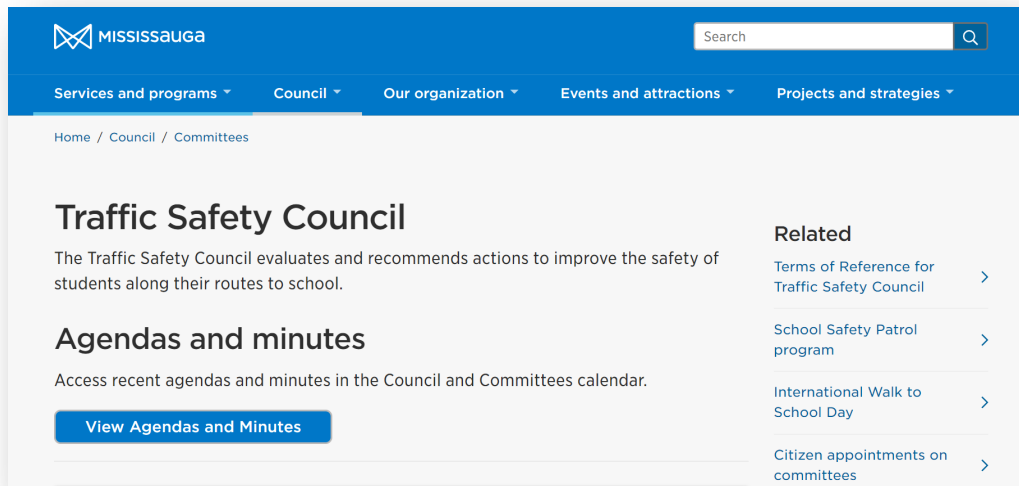
All Schools: Walk to School Month Campaign

- Ready to Launch October 1!
- Campaign to Include:
 - Social media + Paid social media ad
 - Timing to be coordinated with Road Safety Committee's "Pedestrian Safety Month" campaign
 - Digital sign boards throughout the month of October
 - Website
 - Certificates
 - Mobile signs



All Schools: Website

- Still in discussion
- Program Description
- Central place to display program resources and links to external related resources



Past/Present Program Schools: Traffic Safety Times

- First issue sent out to all past program schools this September
- Future editions (recommended):
 - January
 - April
 - Contributions from TSC members welcome/encouraged!



Traffic Safety Times

5.2

Back to School Edition, September 2021

A newsletter for the Mississauga School Walking Routes Program

Can you find these Signs in your Community?

If you are receiving this newsletter, your school is a participant in the Mississauga School Walking Routes Program!

This program first started in 2008 with a single school, St Raymond. Citizen volunteers from the Traffic Safety Council partnered with City staff and local school communities to map out popular routes to school, then mark the routes with these signs for families to walk and roll together.



Rethinking your Journey to School

While walking to school can help decrease traffic congestion and improve safety for students, active school travel also provides a great opportunity for some fresh air, exercise and quality time for parents/caregivers and their children.

Think of the following questions you could ask while walking to and from school:

- What will/what did make you smile today?
- Tell me something you know today, but did not know yesterday?
- If you could change something today what would it be?

Since then, the program has expanded to include over 35 schools- including yours! The program includes a "launch" event to celebrate walking and rolling to school. Schools are encouraged to keep up the momentum to promote active school travel, to promote healthy lifestyles, reduce carbon emissions, and foster the building of safer, friendlier communities.

How can I help my school do more to promote walking to school?

A great starting point for ideas is the Ontario Active School Travel website: ontarioactiveschooltravel.ca/

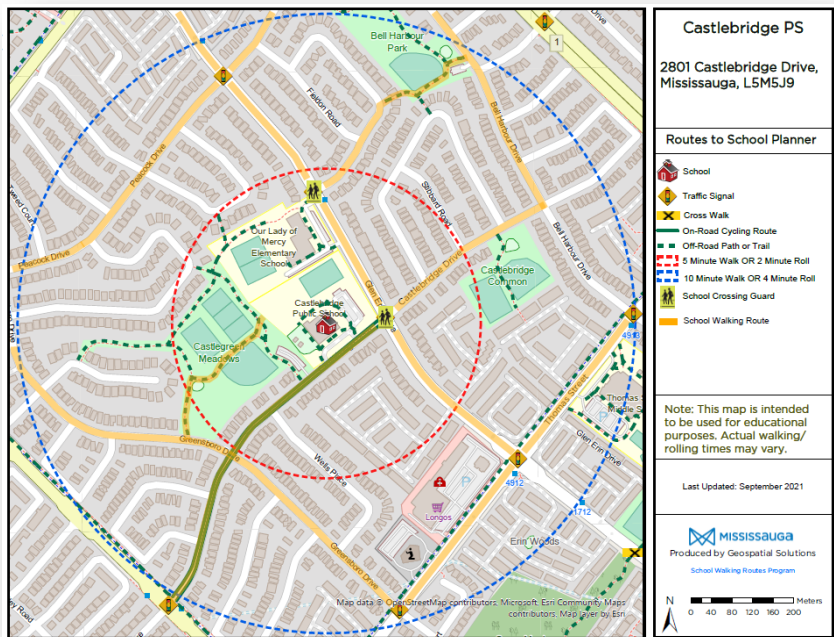
Talk to your principal to share your interest and ideas!

Traffic Safety Word Search

E	V	I	T	C	A	Q	R	R	F
K	U	R	W	G	S	I	G	N	U
E	Q	O	E	E	D	A	L	D	N
S	T	Y	T	E	N	M	E	T	G
U	Z	U	V	O	E	T	R	S	K
O	O	A	B	I	I	T	O	P	L
R	S	L	K	R	R	N	J	K	A
K	Q	Y	T	E	F	A	S	T	W

Words to find: • SIGN • WALK • FUN • ACTIVE • FRIENDS • ROUTE • SAFETY •

Past/Present Program Schools: Walking Routes Maps



Mississauga School Walking Routes Program

Let's Walk and Roll to School!

Why walk or roll to school?

It's Healthy!

- Being active leads to improved physical and mental health.
- Travelling actively to school has been linked to increased alertness and focus at school.

It's Fun!

- Travelling actively to school is a great way to spend time with family and friends.
- Using an active mode of transportation can be a lot more enjoyable than sitting in traffic!

It might be closer than you think!

- Many children can walk 1 kilometer in about 15 minutes or less. Biking takes about half that time.

It's good for adults too!

- Each step you take contributes to the 150 minutes of physical activity recommended for adults each week.

Safety Tips for walking and rolling

Map out a route from your home to school and practice travelling that route with your child.

- Choose routes with sidewalks or paths where you can walk or roll, including the School Walking Routes marked in your community.
- Point out crossing guards, crosswalks, stop signs, landmarks, safety hazards and friends' homes, in case of emergency.

Whatever your travel mode, always follow the rules of the road:

- Obey all traffic signals/signs and trail signs.
- Avoid crossing the street midblock, and never cross between parked or stopped vehicles.
- Practice extra caution when crossing driveways.

What if we live too far from school to walk or roll?

- If your child takes the school bus, try walking to the bus stop instead of driving.
- If your child does not take the school bus, try parking 5 or 10 minutes away from the school, and walk or roll the rest of the way. You'll avoid traffic and get some exercise, too!

Use the map created for your neighbourhood to plan an active route to school!

Current Program Schools: Participant Recap

- 9 schools have expressed interest in the program this year; will be split between Fall/Winter and Winter/Spring intakes
 - 8 repeat schools; 1 new school
- For future discussion:
 - How should we prioritize schools for participation in this program in the future?



Current Program Schools: Activities

- First “Relaunch” of the year this morning at Castlebridge PS (Ward 9)
 - Oscar Peterson (Ward 10) on October 6
 - Champlain Trail PS (Ward 5) on October 21
- Handheld signs designed for relaunch/launch events for volunteers




You're
Rocking
the
Walking!

Current Program Schools: Activities

- All Schools:
 - Launch/relaunch events
 - Sharing of resources for schools to promote active school travel
 - Schools get to choose additional optional activities to support Education and Encouragement of active school travel
- For future discussion:
 - What additional surveys/information do we want to gather from schools (if any)?

5.2



Mississauga School
Walking Routes Program
Let's Walk and Roll to School!

Support and Resources for your School:

Signed Walking Routes to Your School

- ☐ Based on feedback from your school community
- ☐ Signs mark the way and alert drivers to watch for children travelling to school

Community Map of School Walking Routes

- ☐ Custom map of your school walking routes to share with your school community

Launch Event

- ☐ A celebration of walking and wheeling to school
- ☐ T-shirts for staff and volunteers
- ☐ Giveaways for students and families who walk or wheel

Program Support for Active School Travel Activities (Choose up to 4)

- ☐ Classroom Education Programs (Recommended)
- ☐ Community Storytelling Walk
- ☐ Active School Travel Celebration Event
- ☐ EcoSchools Program Support
- ☐ Information Booth or Presentation at School Event (In Person or Virtual)
- ☐ Other Active School Travel Related Activity of Your Choice

Resources to Support Ongoing Programming at Your School

- ☐ Communications Materials
- ☐ Activity Ideas and Resources

mississauga.ca/activetransport

 Traffic Safety
Council

New Program Schools: Activities

- New schools only:
 - Surveys, Walkabout, Install Signs to mark routes

5.2



Mississauga School Walking Routes Program

Let's Walk and Roll to School!

Support and Resources for your School:

Signed Walking Routes to Your School

- ☐ Based on feedback from your school community
- ☐ Signs mark the way and alert drivers to watch for children travelling to school

Community Map of School Walking Routes

- ☐ Custom map of your school walking routes to share with your school community

Launch Event

- ☐ A celebration of walking and wheeling to school
- ☐ T-shirts for staff and volunteers
- ☐ Giveaways for students and families who walk or wheel

Program Support for Active School Travel Activities (Choose up to 4)

- ☐ Classroom Education Programs (Recommended)
- ☐ Community Storytelling Walk
- ☐ Active School Travel Celebration Event
- ☐ EcoSchools Program Support
- ☐ Information Booth or Presentation at School Event (In Person or Virtual)
- ☐ Other Active School Travel Related Activity of Your Choice

Resources to Support Ongoing Programming at Your School

- ☐ Communications Materials
- ☐ Activity Ideas and Resources

School Streets Pilot

- To Launch Spring 2022 at 3 sites; 3 sites have been shortlisted but not confirmed
- This Fall, we will begin outreach and engagement with local advisory committees for each site
- **We need volunteers!**



**Here's to an active,
safe and healthy
school year ahead!**

Laura Zeglen

Active Transportation
Coordinator

City of Mississauga

Laura.Zeglen@mississauga.ca

905-615-3200 ext 8627

